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## How to Exercise

**IMPORTANT – Read this Exercise Chart in conjunction with the *User Manual & Exercise Guide***

**Exercise Program** - Depending on the available time, select either the “EXPRESS” or “TOTAL BODY” Exercise Program. The different exercises in the Programs (see “Exercise Programs”) are designed to work out the various muscles of the body. Perform each of the exercises in the sequence as indicated in the Exercise Program. For variety you can alternate between exercise programs during different exercise sessions.

**Exercise Resistance** - For each exercise resistance, attach one or more of the resistance bands to the resistance hook.

**Exercise Reps & Sets** - For each exercise, engage a suitable level of resistance to enable you to perform the exercise movement (“rep” for short) 8 - 12 times (a set). Once you have reached 12 reps per exercise, increase the resistance level by a suitable amount that will allow you to perform 8 reps.

**How to Perform each Exercise** - Each exercise is accompanied by a brief description of how to perform the exercise with two accompanying pictures: The start of the exercise; and the mid point of the exercise. By returning to the starting position, one rep. of the exercise will be completed.

**Exercise Form** - Perform exercise movements with precision and control. Concentrate on engaging the core whilst keeping the movements fluid

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## Exercise Program Options

- Exercises are grouped together into specific Exercise Programs designed to meet your requirements.
- There are 2 Exercise Programs. Select the program that is best suited to your fitness level, available time, objectives and level of motivation.

EXPRESS	A total body workout - if you have limited time, have been inactive or are unfit
TOTAL BODY	A total body workout exercising a wide range of muscles - if you are fit, have the time and want a more complete workout

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## Exercise Programs

Each program consists of 3 groups of exercises: Warm Up, Work Out and Cool Down. Do not skip any stage.

Warm Up		Cardio & Stretching A,B,C,D,E,F,G,H,I
Start your exercise program with a light exercise to raise your body temperature		
<ul style="list-style-type: none"><li>• <b>Cardiovascular Exercise</b> Begin by marching on the spot, moving arms and progress to a slow jog. When fitter, run on the spot, lifting knees and pumping arms. In addition, you can also perform jumping jacks.</li><li>• <b>Stretching</b> Follow with stretching exercises.</li></ul>		
Work Out		
<ul style="list-style-type: none"><li>• If you are unfit, start slowly and build up gradually. Once fit, exercise actively so as to increase your heart rate.</li><li>• Complete the exercises in the indicated order, moving at a steady pace from one exercise to the next. If you find any particular exercise too strenuous, skip it and try again when you are fitter.</li><li>• Perform exercise movements with smooth, continuous motions, approximately 1 rep every 1 - 2 seconds.</li><li>• Perform each exercise with proper form (e.g. keeping your head and spine aligned) and do not swing or use momentum when moving against resistance.</li><li>• Maintain steady, rhythmic breathing whilst exercising – do not hold your breath.</li><li>• Always contract your abs, core and lower back muscles whilst performing an exercise. This will stabilise the body and help prevent injury.</li><li>• To intensify your program, first attempt to increase the number of repetitions per exercise and then try to increase the resistance per exercise (see Resistance Chart in <i>User Manual &amp; Exercise Guide</i>).</li><li>• Do not increase reps and resistance during the same exercise session.</li></ul>	EXPRESS	TOTAL BODY
	<div>Ex No. 1 - 3 6 8 - 12 16 - 20 22 &amp; 23</div>	<div>Ex No. 1 - 23</div>
Cool Down		Cardio & Stretching A,B,C,D,E,F,G,H,I
End your exercise with a Cool Down		
<ul style="list-style-type: none"><li>• <b>Cardiovascular Exercise</b> Run or walk on the spot gently for 1-2 minutes</li><li>• <b>Stretching</b> Stretch slowly, holding the stretch for 20 – 30 seconds</li></ul>		

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## Stretching Exercises

A	B	C	D	E	F	G	H	I
<b>Calf Stretch</b>	<b>Inner Thigh Stretch</b>	<b>Chest, Shoulder &amp; Upper Arm</b>	<b>Standing Stretch</b>	<b>Thigh Stretch</b>	<b>Knees to Chest Stretch</b>	<b>Hamstring Stretch</b>	<b>Side Stretch</b>	<b>Triceps Stretch</b>

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## Pilates Exercises

IMPORTANT MEDICAL WARNING			Shoulder Pads & Headrest		
Carefully review the Exercise Chart and consult your physician before using this product or performing the exercises presented herein. The instructions and advice presented in this Exercise Chart are in no way intended to be a substitute for medical counselling. Not all exercises are suitable for everyone and any user of this product assumes the risk of injury resulting from performing the exercises shown. If at any time you feel you are exercising beyond your current fitness level or you feel uncomfortable, you should discontinue exercise immediately. Your physician should help you ascertain your target heart rate, as determined by your age and physical fitness. Certain training programs and types of exercise equipment may not be suitable for everyone. This is particularly important for those individuals over 35, pregnant women and individuals with existing health problems or problems with balance. If you take medication which affects your heart rate, you must seek medical advice from your doctor before starting your exercise program with this machine.					
<b>1 High Half Toe</b> <i>(Connect foot bar)</i>			<b>2 First Position</b> <i>(Connect foot bar)</i>		
<p>A: Place toes on foot bar with knees bent, heels raised, arms at sides and holding the glide board. B: Push against the foot bar to straighten legs with heels raised. Pause and return to starting position.</p>			<p>A: Place balls of the feet on the foot bar with toes apart and knees bent. Knees are bent, arms at sides and holding the glide board. B: Push feet against foot bar to straighten legs. Pause and return to starting position.</p>		
<b>3 Running</b> <i>(Connect foot bar)</i>			<b>4 Lower and Lift</b> <i>(Connect foot bar)</i>		
<p>A: Place toes on the foot bar with feet together, arms at sides and holding the glide board. B: Bend right leg and allow left heel to flex under the foot bar. Bend left leg and allow right heel to flex under the foot bar. Continue alternating legs in a smooth motion.</p>			<p>A: Place balls of feet on foot bar and heels raised, arms to the sides and holding the glide board. B: Lower heels under the foot bar. Pause and return to starting position.</p>		
<b>5 Lower and Lift Leg Extension</b> <i>(Connect foot bar)</i>			<b>6 One Leg Bent</b> <i>(Connect foot bar)</i>		
<p>A: Place ball of left foot on foot bar with feet hip distance apart, arms to the sides and holding the glide board. Bring right knee in line with left knee in table top position. B: Push out with left leg whilst straightening right leg upwards and pointing toe. Flex right foot, bend left leg and lower right leg above the foot bar while keeping right leg straight (not shown). Repeat for left leg</p>			<p>A: Place ball of left foot on foot bar, arms to the sides and holding the glide board. Bring right knee in line with left knee in table top position. B: Extend left leg by pushing against foot bar whilst keeping right leg in table top. Pause and return to starting position. Repeat with right leg</p>		
<b>7 Heels on Bar</b> <i>(Connect foot bar)</i>			<b>8 Rebounder</b> <i>(Connect rebounder) (Optional Extra)</i>		
<p>A: Place heels of feet on foot bar with legs together, knees bent, toes pointing up, arms to the sides and holding onto glide board. B: Push heels against foot bar and straighten legs. Pause and return to starting position.</p>			<p>A: Lie and place feet parallel in the centre of rebounder, arms to the sides holding the glide board. B: Bounce feet against the rebounder starting with small, controlled movements and gradually increase the rebounding movement.</p>		
<b>9 Hundreds</b> <i>(Rope engaged)</i>			<b>10 Down and Up</b> <i>(Rope released)</i>		
<p>A: Grip handles, palms facing up and lift the knees B: Pull arms forward and down towards your sides while raising the head and shoulders off the glide board in a "crunch" motion. Pump your arms in an up and down motion as you inhale for 5 counts and exhale for 5 counts (pump once for each count) to complete one set. After completing 10 sets, return to starting position</p>			<p>A: Place feet through handles. Bring straight legs vertically in line with your hips with arms at sides and holding the glide board. B: Keep legs and feet together and lower legs, keeping lower back against the glide board. Pause, then slowly return to starting position.</p>		
<b>11 Leg Circles</b> <i>(Rope released)</i>			<b>12 Table Top</b> <i>(Rope released)</i>		
<p>A: Place feet through handles. Bring straight legs vertically in line with your hips with arms at sides and holding the glide board. B: Keep legs and feet together and press legs down. C: Circle legs clockwise by moving them outwards before returning to the starting position.</p>			<p>A: Place feet through handles. Bring legs in the table top position, arms at sides and holding the glide board. B: Straighten legs upwards. Pause and return to starting position.</p>		
<b>13 Single Thigh Stretch</b> <i>(Connect foot bar)</i>			<b>14 Elephant</b> <i>(Connect foot bar)</i>		
<p>A: Stand facing the foot bar on the right hand side of the machine. Grip foot bar with left hand and place left foot on glide board. B: Push back with left foot to straight leg. Pause and return to starting position. Repeat on left side.</p>			<p>A: Stand on glide board facing foot bar and grip foot bar with both hands. B: While keeping the upper body still, push legs back from the hips. Pause and return to starting position.</p>		
<b>15 Y-Position</b> <i>(Rope engaged)</i>			<b>16 Arm Circles</b> <i>(Rope engaged)</i>		
<p>A: Grip handles with arms straight up in a 45 degree position and lift legs into a table top position B: Pull arms down to sides. Pause and return</p>			<p>A: Grip handles with arms straight up, palms facing forwards, align knees with legs in the table top position. B: Make large circles with your arms by moving them down to your sides C: Continue moving the arms out to a "T" position. Return to starting position.</p>		
<b>17 Arm Pull Down</b> <i>(Rope engaged)</i>			<b>18 Triceps Extension</b> <i>(Rope engaged)</i>		
<p>A: Grip handles with arms straight up and parallel to one another, palms facing forwards and with legs in the table top position. B: Pull arms down to sides. Pause and return.</p>			<p>A: Grip handles with arms at sides, elbows bent, palms facing forwards and legs in table top position. B: Press forearms downwards whilst keeping upper arms and elbows still. Pause and return.</p>		
<b>19 Bicep Curl</b> <i>(Rope engaged)</i>			<b>20 Arms Straight Back</b> <i>(Rope engaged)</i>		
<p>A: Kneel (or sit) and hold handles (with open or closed hands), palms facing upwards and arms extended. B: Bend elbows and pull the handles up towards shoulders, keeping upper arms and elbows still. Pause and return.</p>			<p>A: Sit or kneel and hold handles (with open or close hands), arms straight, palms facing backwards. B: Pull handles backwards with straight arms. Pause and return</p>		
<b>21 Offering/Serving Bread</b> <i>(Rope engaged)</i>			<b>22 Hug a Tree</b> <i>(Rope engaged)</i>		
<p>A: Sit cross legged or with legs extended and hold handles (with open or close hands), arms at the sides, palms facing forwards. B: Lift arms to shoulder height, palms facing upwards. Pause and return.</p>			<p>A: Sit cross legged or with legs extended and grip handles, arms extended to chest height at sides, elbows slightly curved. B: Bring hands together in front of chest. Pause and return.</p>		
<b>23 Mermaid</b> <i>(Connect foot bar)</i>					
<p>A: Sit sideways on glide board with right side of body next to the foot bar. Place your left hand in the centre of the foot bar and raise right arm overhead. B: Bend sideways towards the bar, bringing right arm over and simultaneously push away with right arm. Pause and return to starting position. Repeat on left side.</p>					